

Fruit Pizza To Go

Makes: 1 Serving

Toasted whole wheat English muffins topped with fat-free cream cheese and fruit make this a quick and easy breakfast or snack.

Ingredients

- 1 English muffin (whole wheat)
- 2 **tablespoons** whipped fat-free strawberry cream cheese
- 2 strawberries, sliced
- 2 grapes, sliced
- 2 **slices** slices of mandarin oranges

Directions



1. Toast the English muffin until golden brown. Spread cream cheese on toasted muffin.
2. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese.

Notes

This recipe can be made with any flavor of cream cheese and any fruit you like.

University of Maryland Extension. Food Supplement Nutrition Education

Nutrition Information

Nutrients	Amount
Calories	179
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	466 mg
Total Carbohydrate	32 g
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars included	1 g
Protein	10 g
Vitamin D	0 IU
Calcium	209 mg
Iron	3 mg
Potassium	206 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1/4 cup
 Grains	2 ounces